



Tour guide

www.nomadic.co.uk
info@nomadic.co.uk
0044 (0) 1189 737 011



Marrakech, Sahara & Surf - 11 days

camel trek...berber camp...Marrakech...surfing...

Camel trekking in the desert, surfing in the Atlantic and historic Marrakech. Add the stunning scenery en route and the Todra Gorge and you have an amazing Morocco tour.

Tour overview

Tour operates	January - December
Tour type	Hotel
Vehicle type	Mini-van or 4x4 Landcruiser
Crew	2 crew
Tour rating	Easy
Accommodation	Hotel/Camping
Tour start-finish	Marrakech - Marrakech
Min - max numbers on tour	2-24

What you get

- Arrival transfer from Marrakech airport on day 1
- Full Board: 10 Breakfasts, 9 lunches, 10 dinners inc a Berber camp dinner
- 9 nights 2 - 3 H hotel , 1 night camping
- Transport in 4x4 Land Cruiser or Mini Van
- Guided tour of Marrakech
- Services of 1 or 2 person crew (leader and driver)
- Gorge du Dades walk
- Sahara camel trek
- Surfing lesson, board & wetsuit hire
- All road taxes and tolls



Highlights

- Marrakech - Koutoubia Mosque, UNESCO-listed, Place Djemaa el-Fna and souks
- Ouarzazate
- Ait Benhaddou - UNESCO-listed fortified kasbah city
- Gorge du Dades, Jbel Sarhro,
- Erg Chebbi sand dunes - beginning of the Sahara
- Merzouga - camel trek, Berber style camp
- Todra Gorge
- High Atlas Mountains
- Taghazoute - the southern coast

Price

	2010	2011
All Inclusive Land Price*	£724	£734

which is comprised of...

<u>Tour Price</u> All land transport, all expedition equipment, driver/courier (£30 supplement on 23.12.09 departure)	£459	£469
<u>Local Payment**</u> Food (3 meals a day), hotel accommodation, local guides	€295	€295

All Inclusive Land Price excludes flights, insurance, visas, optional activities and spending money

*The All Inclusive Land Price is correct at the time of writing and may fluctuate slightly according to exchange rates.

**The Local Payment is payable at the start of the tour and should be made to the Tour Guide in Euros or Moroccan Dirhams Cash. It is in addition to the Tour Price and constitutes part of the All Inclusive Land Price.

Optional

Optional activities are operated by third parties and although every measure is taken to ensure quality control, Nomadic Expeditions can not accept liability for passenger participation in these activities.

If you decide to take part in an optional activity, make sure that your travel insurance covers participation in such activities.

Where?	Activity	How much
Marrakech	Hammam	DM75
Todra Gorge	Rock climbing (2 hours)	DM150
Ouarzazate	Film studio visit	DM50
	Quad biking (2hours)	DM500
	Quad biking (3 hours)	DM600
Taghazoute	Horse trekking	DM500
	Horse trekking (inc. lunch)	DM1000
	Additional surfing (inc. coach, board, wetsuit - half day)	DM300



Itinerary

Day 1: Marrakech

Welcome to Morocco ! Arrive Marrakech, included transfer to hotel. Be sure to arrive in time for your pre-departure meeting at 6:00pm. Your first night will be spent at our pre-expedition hotel in the centre of town. **(Dinner & overnight – Marrakech)**

Day 2: Gorge du dades

Marrakech – Gorge Du Dades - breakfast. Leaving Marrakech, we drive through the striking Dades Valley , which extends from the High Atlas to the Jebel Sarhro range in the south, to reach the Gorge Du Dades. With towering red cliffs, winding streams and ancient Kasbahs, the Gorge Du Dades is incredibly beautiful.

(Lunch, dinner & overnight - Gorge du Dades)

Day 3: Todra Gorge

Gorge Du Dades – Todra Gorge - breakfast. Today is spent exploring the magnificent Todra Gorge. This dusty red canyon is just 10m wide at its narrowest point, with its cliff walls towering 300m above and a small glacier stream flowing through it. Enjoy a trek through the gorge, or for the more adventurous, try rock climbing! (payable locally). **(Lunch, dinner & overnight - Todra Gorge)**

Day 4: Berber Camp

Todra Gorge – Berber Camp - breakfast. Today we drive to Erg Chebbi sand dunes, which signify the start of the mighty Sahara Desert . Transferring to camels, we trek into the vast and silent Sahara desert, to a Berber camp. This evening we enjoy local food in the camp and spend an amazing night, sleeping out, under the Saharan stars! **(Lunch, dinner & overnight - Berber camp)**

Day 5: Ouarzazate

Berber Camp – Ouarzazate - breakfast. Leaving the desert, we travel through the

verdant Draa valley, along the route of 1000 Kasbahs, a beautiful landscape. We continue on to Ouarzazate, which African traders once used as a resting point, on their journeys up to Europe . Ouarzazate has been used as a setting for several films including, Alexander the Great, The Last Temptation of Christ and The Living Day-lights.

(Lunch, dinner & overnight – Ouarzazate)

Day 6: Ait Benhaddou

Ouarzazate – Ait Benhaddou – Marrakech - breakfast. This morning we visit the remarkable Ait Benhaddou, a 'fortified city', situated along the former caravan route between the Sahara and Marrakech. Sitting on a hill along the Ouarzazate River , Ait Benhaddou is one of the best preserved ancient Kasbahs in the Atlas region.

Granted UNESCO World Heritage listing, some Kasbahs date back to the 16th Century and the site has been the setting for many films including Lawrence of Arabia and Gladiator. This afternoon we travel back over the High Atlas Mountains to Marrakech. **(Lunch, dinner & overnight – Marrakech)**

Day 7: Djemâa-el-fna

Marrakech - breakfast. Enjoy a guided tour of Marrakech this morning, with free time in the afternoon to explore independently. Set within the rose-coloured walls of the medina, is a reality that is not that far removed from an exotic film set – a tangle of winding streets that open onto verdant gardens and dark alleyways that lead to bustling souks. The focal point is the central square, the Djemâa-el- Fna, an extraordinary gathering and market place. Full of colour, spicy aromas and traders, it is best seen in the evening, when overflowing with food stalls, dancers, acrobats, fortune tellers, musicians and henna artists.

(Lunch, dinner & overnight – Marrakech)

Day 8: Taghazoute

Marrakech – Taghazoute - breakfast. This morning we drive south for approximately 4 hours to the Souss Valley and the Agadir coast, stopping en route for lunch. Your base for the next two nights will be the small fishing village of Taghazoute . The laid back atmosphere, beautiful beach and traditional charm of Taghazoute, has made it popular with hippies since the 60's and surfers soon discovered its world class point breaks, making it the surfing Mecca it is today. After checking into our surf accommodation, spend the afternoon at leisure, perhaps head to the beach or explore Taghazoute. **(Lunch, dinner & overnight – Taghazoute)**

Day 9: Surfs Up!

Taghazoute - breakfast. This morning it's time to put on our wetsuits and head to the beach for a morning of surf coaching and riding the waves! Enjoy a free afternoon relaxing on the beach and topping up your tan, or choose from our exciting optional activities (payable locally); Perhaps continue perfecting your surfing skills with more coaching or go horse trekking along the beautiful Moroccan coastline. **(Lunch, dinner & overnight – Taghazoute)**

Day 10: Marrakech

Taghazoute – Marrakech - breakfast. This morning is free for you to spend at leisure or the final opportunity to try one of the optional activities. We have lunch in Taghazoute before heading back to the hustle and bustle of Marrakech, stopping en route for dinner. **(Lunch, dinner & overnight – Marrakech)**

Day 11: Marrakech

Marrakech - breakfast. The tour finishes after breakfast.

Dates

Month	Departure date	Arrival date
April	10.04.10	14.04.10
	24.04.10	04.05.10
May	08.05.10	18.05.10
	22.05.10	01.06.10
June	05.06.10	15.06.10
	19.06.10	29.06.10
July	03.07.10	13.07.10
	17.07.10	27.07.10
August	07.08.10	17.08.10
	14.08.10	24.08.10
	21.08.10	31.08.10
	28.08.10	07.09.10
September	04.09.10	14.09.10
	18.09.10	28.09.10
October	02.10.10	12.10.10
	16.10.10	26.10.10
	30.10.10	09.11.10
November	13.11.10	23.11.10
	27.11.10	07.12.10

Month	Departure date	Arrival date
December	11.12.10	21.12.10
	23.12.10	02.01.11
January	08.01.11	18.01.11
	22.01.11	01.02.11
	05.02.11	15.02.11
	19.02.11	29.02.11
March	26.02.11	08.03.11
	12.03.11	22.03.11
	26.03.11	05.04.11
April	09.04.11	19.04.11
	16.04.11	26.04.11
	23.04.11	03.04.11
May	30.04.11	10.05.11
	14.05.11	24.05.11
	28.05.11	07.06.11
June	04.06.11	14.06.11
	18.06.11	28.06.11
July	02.07.11	12.07.11
	16.07.11	26.07.11

Month	Departure date	Arrival date
August	30.07.11	09.08.11
	06.08.11	16.08.11
	13.08.11	23.08.11
September	20.08.11	30.08.11
	27.08.11	06.09.11
	03.09.11	13.09.11
October	17.09.11	27.09.11
	01.10.11	11.10.11
	15.10.11	25.10.11
November	22.10.11	02.11.11
	29.10.11	08.11.11
	12.11.11	22.11.11
December	10.12.11	20.12.11
	23.12.11	02.01.12

Useful information

Before you go

Visas & permits

Visas are not required for British, Australian, New Zealand, Canadian, US and other EU nationals for a stay of up to 3 months. Please ensure your passport is valid for six months after your return date and that you get your passport stamped upon entry into Morocco. All other nationalities should contact the Moroccan embassy for details. Visas are your responsibility. Don't forget to check!

Vaccinations

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. Food and water-borne diseases are more common, so we recommend vaccinations for typhoid (valid 3 years) and Hepatitis A (validity varies). Morocco is not a high risk malaria area but if in any doubt please consult a physician or travel clinic for further information.

Travel insurance

All our passengers must be fully insured for travel in Morocco. Most travel insurance does not cover for trekking above 2000m as standard and you may have to pay a premium to cover yourself up to 4168m. It is essential that you get the correct level of cover. Please ensure that the policy provides adequate cover for hospital treatment, repatriation flights home in the event of you being too ill to continue the trek, personal accident, personal baggage and associated valuables. You must bring the policy with you as it is obligatory for joining any expedition.

Packing

Luggage

Pack all your gear in a rucksack/backpack for this type of trip. Also bring a daypack, to keep personal items such as your wallet, camera and water bottle. Your rucksack/backpack must not have an exterior frame. Only the soft, flexible variety is permitted. Leave your suitcase at home, they're simply not practical.

Don't overdo it! Luggage is limited to 20kgs. Pack sensibly and take garments that are comfortable and cool. Morocco can be very hot in summer but after the sun sets and at high altitudes, the temperatures can plummet, so pack accordingly. You will need plenty of warm layers, a wind/waterproof jacket, hat, scarf and gloves for the climb to the summit.

Sleeping bag - You will need a high quality, compact sleeping bag for camping at high altitudes. You may also want to bring a small trek pillow for added comfort.

What to bring

- Towel
- Torch and batteries
- Camera and spare memory card/film
- Mosquito repellent
- Water bottle
- Personal first aid kit, antiseptic gel and wipes
- Waterproof/wind proof jacket
- A sturdy pair of walking shoes/boots
- Two spare passport photos and a photocopy of your passport

In Morocco

Currency

GBP£1.00 = MAD12

USD\$1.00 = MAD9

EUR1.00 = MAD11

MAD = Moroccan Dirham, rates are subject to fluctuation. Exchange facilities are available at various bureaux de changes in major towns and most banks have ATMs.

How much spending money is needed, depends largely on the individual. We currently recommend an average of USD \$20 - \$30 per day. We can't specify every sundry cost however and you'll need to allow for expenses such as drinks, snacks and the odd souvenir. Travellers Cheques can be difficult to change en route so we recommend you have cash for convenience and bring a card to use in the ATM's—most accept Visa, MasterCard, Electron, Cirrus and Maestro. There are ATM's at Marrakech airport, which you can use upon arrival.

Local prices

Mineral water (local brand, 500ml or 1L)

MAD15

Meal for 2 (entree, main, a beer, local restaurant) **MAD50-100**

Beer (local brew Efes - 330-500ml approx)

MAD20

Chocolate bar (local brand) **MAD5-10**

Climate

Temperatures in Morocco are generally high, particularly during the summer months from May to September, when the sun can be fierce and temperatures are at industrial levels, so take sunscreen. However in the High Atlas it is very cold and some peaks can remain snow capped from November to July. You will need to pack plenty of warm clothing for the trek.

Altitude

An altitude of over 3,000 meters is defined as high altitude and altitude sickness is the biggest health risk for trekkers. People can experience differing degrees of symptoms, which include headaches, nausea, dizziness, fatigue and shortness of breath. Our treks are designed to ensure there is plenty of time for adequate acclimatisation and cases of mountain sickness are rare. If you do suffer, symptoms will usually decrease in severity during acclimatization. It is important to drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please report any symptoms of altitude sickness immediately to your guide.

Responsible travel

Cultural awareness

We cannot emphasise enough that we are travellers and therefore guests. Although we ourselves might have different views, ideas, rules and morals, it is our duty to respect and adjust where possible to the people of the region we are visiting. Never throw pens / sweets out of the truck. It is very patronising! Your Tour Leader will also brief you on environmental matters.

Religious Awareness

Morocco is predominantly Muslim and, as such, we would ask all of our customers to respect and adhere to (when appropriate) the dress codes of the Islamic faith. This entails covering of shoulders and knees.

Nomadic Expeditions

Nomadic Expeditions are members of Survival which campaigns for the rights of tribes people through out the world. We also donate to the Ait Ouham Association for Development, a local organisation in the Atlas Mountains that seeks to improve lives through education, setting up co-operatives and providing basic facilities such as tap water to homes in the area.



Nomadic Expeditions Ltd, 26 Matthews Green Road, Wokingham. Berkshire. RG41 1JU. UK

Tel: 0044 (0) 1189 737 011 ° Fax: 0044 (0) 1189 737 698 °

Email: info@nomadic.co.uk ° Website: www.nomadic.co.uk